**DOMAIN:** Healthy and Prosocial Behavior

**OUTCOME:** Healthy Eating

**MEASURE:** National Longitudinal Study of Adolescent to Adult Health (Add Health) – dietary intake items

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| --- | --- | --- | --- |
| Think about all the food you ate yesterday, including meals and snacks at home, at school, at restaurants, and anywhere. | | | |
|  | Didn’t eat | Ate once | Ate once or more |
| 1. How often did you drink milk, or eat yogurt, or cheese yesterday? | □  0 | □  1 | □  2 |
| 2. How often did you eat fruit or drink fruit juice yesterday? | □  0 | □  1 | □  2 |
| 3. How often did you eat vegetables yesterday? | □  0 | □  1 | □  2 |
| 4. How often did you eat bread, cereal, pretzels, rice, or pasta yesterday? | □  0 | □  1 | □  2 |
| 5. How often did you eat cookies, doughnuts, pie, or cake yesterday? | □  0 | □  1 | □  2 |

Additional information on the Add Health can be found [here](http://www.cpc.unc.edu/projects/addhealth).